

**STOP**  
THE STIGMA **EM**

**SUPPORT  
MATTERS.**



IT'S NEVER TOO EARLY IN YOUR CAREER  
TO SUPPORT A COLLEAGUE...

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...OR TOO EXPERIENCED TO SEEK  
SUPPORT.

**LOOKING FOR ADDITIONAL  
RESOURCES? SCAN THIS QR CODE:**



# STOP

THE STIGMA **EM**

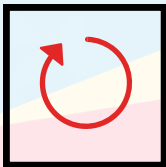
## GROUNDING TECHNIQUES

MITIGATE DISTRESS AND  
PROVIDE CALM AND SAFETY

### BOX BREATHING:

Inhale 4 sec

Hold 4 sec



Hold 4 sec

Exhale 4 sec

### THE RULE OF 3S:

Name:



3 things you see



3 things you hear



3 things you feel

Then:



Take 3 deep breaths